The Flow…

Our lives should unfold as an endless flow, in and out, in and out -

a continuous cycle of breath, of spirit, of matter and energy -

a rotating succession of treasure, people, and relationships-

a circular dance of ideas, emotions and experiences-

an unending pursuit of love and peace and joy.

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To obtain these precious gifts it is necessary to

clear all the blocks to the flow by releasing the past,

letting go of the future, and wholly living in the present.

Forgiving and forgetting, we completely transform our minds

from a perception of fear and lack to the perfect flow of love and joy.

Dedicated to my Mother on what would have been her 99th birthday.

Many blessings Mom

Joy Kachel

4/9/16